

Boiled Pinto Beans

Boiled pinto beans are a quick side dish for a meal when in a hurry. It's not the same flavor as baked with onions and ham, though it does provide a touch of comfort. They do need to boil longer than some beans so that they produce less air when the good stomach bacteria breaks them down while digesting. Boiled pinto beans can be fried with two tablespoons of oil to create the base of refried beans to be used in tacos. This is a slow process, and the beans will burn easily if they are not stirred frequently.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Ham
- Onions
- Pepper
- Pinto Beans
- Pork
- Spices

Meatless Preparation Avoid:

- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:

- Spoon.
- Pan: 1.5 quart sauce pan

Ingredients:**Meat:****Optional:**

1/4 cup chopped ham

Vegetables:

15 ounces of pinto beans

Optional:

1/4 cup chopped onions

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:**1. Chop:****Optional:**

1/4 cup ham

1/4 cup onions

2. Add to 1.5 quart sauce pan:

1 tablespoon of butter

15 ounces of pinto beans

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup ham

1/4 cup onions

3. Cook over medium heat.**4. Stir every 10 minutes, turn heat down 1/3 each time.**

Cook Temperature: Medium to low

Cook Time: 30 to 45 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.